

Fall 9-1981

## Beacon Light: Fall 1981

St. Cloud Hospital

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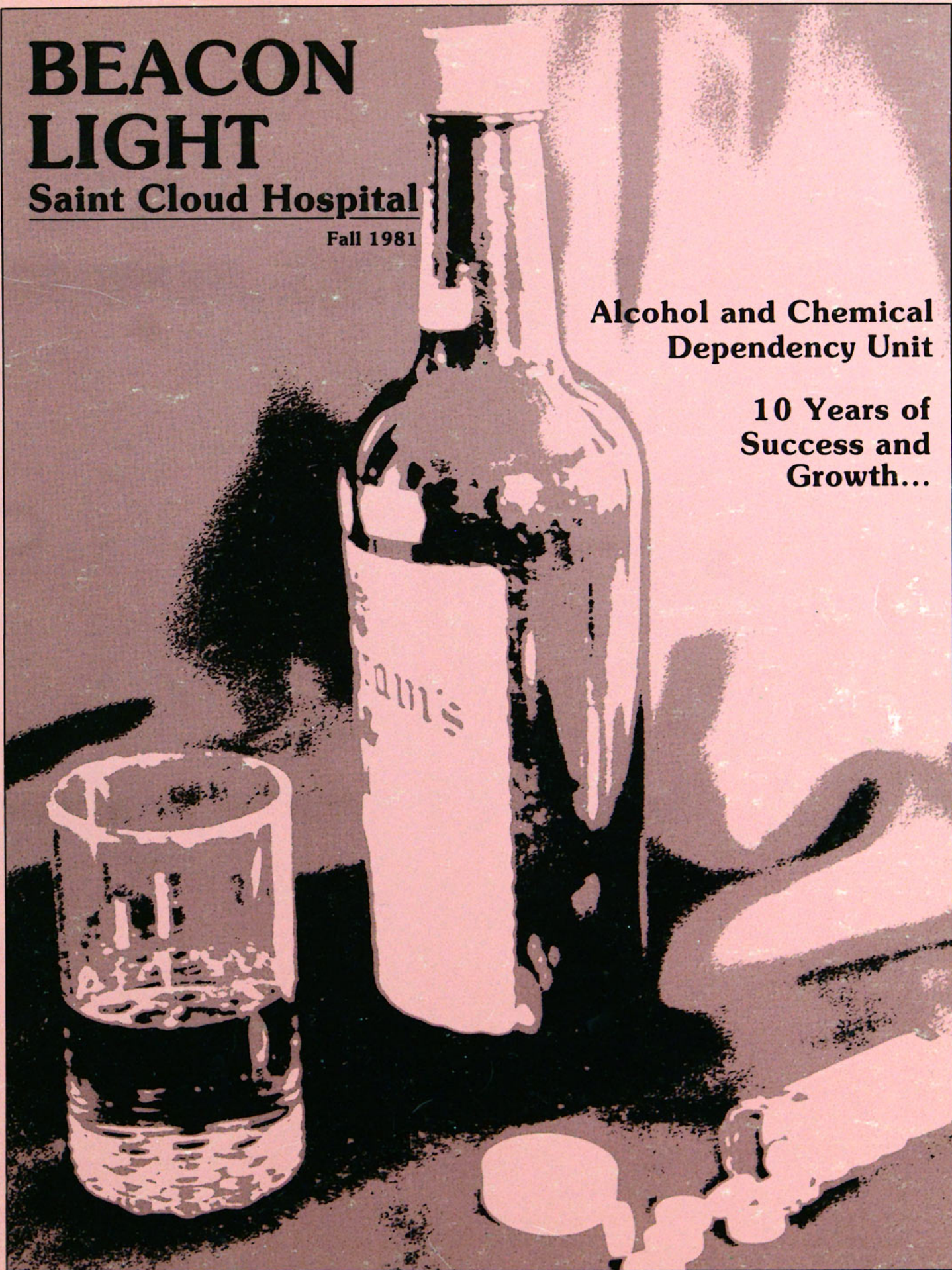
# **BEACON LIGHT**

**Saint Cloud Hospital**

Fall 1981

**Alcohol and Chemical  
Dependency Unit**

**10 Years of  
Success and  
Growth...**





**BEACON  
LIGHT**  
Saint Cloud Hospital

Vol. XXVIII Number 11  
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**On the cover . . .**

The Alcohol and Chemical Dependency Center at Saint Cloud Hospital recently celebrated it's 10th Anniversary.

**BEACON  
LIGHT**  
Saint Cloud Hospital

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FEATURES

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## Comment

by Gene S. Bakke  
Executive Vice President



Over the past 20 years, dramatic changes have taken place in the delivery of health care to the American people. With the passage of Medicare, Medicaid and other government programs of payment for health care, along with increasing health coverage in employer-paid benefit plans, we witnessed a significant increase in the demand for health services. Hospitals, together with other purveyors of health care, were faced with the necessity to expand their capability in order to meet increased public demand by introducing new technology, employing more highly trained personnel, and expanding facilities. All of these, of course, meant greater expenditures of dollars and higher costs to the government, employers and others who pay for care.

In the past year or two, the emphasis on expansion of capability to meet increasing patient demand has been reversed, primarily because of concerns

about costs. Now the thrust of government, business and other groups is to reduce demand, trim costs of providing care, and focus on wellness in an effort to slow the rate of health care cost increases.

In the past, planning for the future in hospitals has been focused on meeting patient needs. To define those needs, many factors were taken into account. Internal and external historical hospital service data, population statistics, development of new technology, immigration of physicians, availability of skilled health manpower were only a few factors that needed to be considered and evaluated. The primary thrust, however, has always been to meet patient needs.

Along with the new thrust to reduce demand for services and trim costs, there are those who champion COMPETITION as the panacea to reducing costs of health care. By promoting competition in the health care

marketplace, they believe that cheaper ways will be found to cure the ill and keep people healthy.

It is probably safe to say that no single approach will reverse escalation of costs, particularly in an inflationary economy. As a matter of fact, the promotion of uncontrolled competition, with profit as the primary goal, could be counter-productive to the public interest. It could increase total health care costs, create varying standards of care, and otherwise fragment a system that, at least in quality and accessibility, is recognized as one of the finest in the world.

It is not an easy task to reduce costs and maintain quality of care at the same time. At some point, one must succumb to the interests of the other. The current signs of the times point clearly to cost as the overriding concern, with quality assuming a secondary priority.

Here at Saint Cloud Hospital, we will continue to keep our focus on the needs of patients, to provide only that care that is truly needed, to operate as economically as possible, and to maintain appropriate standards of care. Doing this, we believe we will be true to our mission, built on a tradition of 95 years of service, of a servant Church ministering to the people of God in the spirit of Saint Benedict.

## New Administrator named



Niels Nielsen

Niels Nielsen, Jr., has been named Assistant Administrator for the Medical Support Services Division at Saint Cloud Hospital. The Medical Support Services Division includes the departments of Laboratory, Radiology, Pharmacy, Dietary and Electrodiagnostic/Respiratory Therapy.

Accountability for this division was formerly under the direction of the Hospital's Associate Administrator, Sister Paul Revier. Revier is responsible for all Patient Care Services divisions and has taken on the additional responsibility for the Spiritual Care Department, Volunteer Services, the Hospital Auxiliary and liaison with Birthright and Natural Family Planning.

A native of Chicago, Illinois, Nielsen, received his Bachelor of Arts degree from DePaul University, Chicago, in 1971 and his Masters Degree in Hospital Administration from Saint Louis University, St. Louis, Missouri, in 1975.

As part of his advanced degree requirements, Nielsen completed a nine-month administrative residency at Saint Cloud Hospital in 1974. He was subsequently hired as an Administrative Fellow at Mount Carmel Mercy Hospital and Medical Center in Detroit, Michigan.

For the past five years he has served as an Assistant Administrator at Saint James Community Hospital, Inc., in Butte, Montana.

Nielsen assumed his new responsibilities in July.



# Junior Volunteers:

An anniversary is commemorative celebration of a special event or occasion, and a time to reflect on the growth and changes that may have taken place during that time. One special group of people at Saint Cloud Hospital has remembered its origin and history, and has taken a look back to pay respects to those who helped the group become a reality.

Over 20 years ago, Saint Cloud Hospital initiated a volunteer program to offer young women an educational experience in a health care setting and an opportunity to give service to others. With the help of Mrs. Loren (Rosalie) Timmers, R.N., the Candy Striper program was conceived on June 13, 1961. Thirteen girls, ages 14-19, were trained for volunteer duty in Pediatrics, Central Service, Admissions, Radiology and Nursing Service.

The Junior Volunteers have just celebrated their 20th Anniversary and the current group still maintains the rigorous standards and fine record of excellence that charter members worked hard to establish.

"We stressed dependability, courtesy, confidentiality and neatness," said Timmers, program founder. "Much time was spent training, teaching and supervising the girls. Many women from the Hospital Auxiliary volunteered their time and efforts to get the program off the ground during those early years.

"The program was designed to be a learning program for young adults," said Timmers. "We wanted to instill some responsibility in our young people and teach them about hospital life."

Since 1961, the program has ex-



Rosalie Timmers, Junior Volunteer Founder

panded to include young men, and the name change from Candy Stripers to Junior Volunteers in 1976 reflects that growth.

The Junior Volunteer program has also grown in size - during the 1980-81 fiscal year, the program recognized 181 participants who served a total of 23,189 hours of service to patients and staff at the Hospital.

The scope of Junior Volunteers' duties and activities has expanded to include many more departments in the Hospital. Junior Volunteers are trained to work in six basic areas: Nursing Service, Admissions, Radiology, the Coffee Shop, flower delivery and newspaper sales. After 50 hours of service, Junior Volunteers are eligible for training in these additional areas: Information Desk, Pediatrics, Maternity, Emergency-Outpatient Services

and the Hospital Gift Shop.

"It is first and foremost an educational program," said Barbara Brown, Volunteer Director. "We offer our young people a structured program where they can develop a sense of responsibility and take initiative. They have the opportunity to work with many people in a health care setting and are asked to fulfill specific work obligations.

"Our program is not designed just to train future health care professionals, although we have had juniors who have pursued medical professions," Brown said. "This is a growth experience for them, a way to learn by giving service to others, and a chance to find out about the Hospital."

The organization is not all work and no play. The Junior Volunteers have their own board members, general membership meetings, social activities, fund raisers, educational field trips, career development programs and provisions for recognition and awards.

"Our program is open to persons age 14-18 who are interested in giving service to the Hospital," said Brown. "We work closely with local churches and schools in the recruitment of Junior Volunteers and we request a written application, references and a personal interview from all applicants.

"We try to be flexible to accommodate their outside interests," Brown said, "and we also believe it's important that they maintain their school activities. If they are not able to work when scheduled, we ask that they find their own substitutes when possible. That's just one of their responsibilities."

The Junior Volunteers are easily recognizable around the hospital. Girls wear pink and white striped pinafores and the boys are in red and white striped shirts. They can be seen performing a variety of activities and ac-

## Celebrating 20 Years of service to patients, visitors and staff

cording to Timmers, "bring a ray of sunshine to the patients."

The Volunteer Department tries to maintain approximately 110 Junior Volunteers in the program at one time to adequately provide services to all areas that depend on their support.

"We receive a tremendous amount of help from the Hospital staff and the administration, both with the Juniors'

training and supervision," said Brown. "Our department could not complete the task alone."

"The Hospital staff has confidence in the Juniors' ability to perform," said Donna Milander, Volunteer Coordinator, "and they have been cooperative and supportive of all our programs and activities.

"We really have an excellent group of youths right now," said Milander. "They are happy with the Junior Volunteer program and proud to be members," she said. "These young people are a good, wholesome bunch who will someday be our country's leaders. Our program can help them develop attitudes and values for the future."





# Diabetics gain better control of their

Diabetic patients at Saint Cloud Hospital are now able to determine more accurate glucose (sugar) levels in their blood, thanks to a newly purchased piece of equipment called a dextrometer.

Diabetic testing is normally attained by taking urine samples, said Virgie Zenner, R.N., Nurse Clinician. But with some diabetics, she said, glucose does not appear in the urine until the level in the blood reaches very elevated proportions.

"Urine testing is a relative measure, depending upon each patient's renal threshold (the point at which the kid-

neys filter sugar out of the blood and into the urine), which can vary greatly from time to time in each patient and also varies from patient to patient.

"Since urine usually stays in the bladder for a period of time, the urine test sometimes shows what the blood glucose was previously, not at the time of the test," Zenner said. "This was a real problem for some diabetics. Accurately determining their blood glucose was a guessing game."

With the dextrometer, either a nurse or a patient may administer the test and in minutes, determine the glucose level in the blood.

The dextrometer looks somewhat like a hand-held calculator, and is very easy and convenient to use. Once the

dextrometer is turned on and calibrated (measurement standardized), the person conducting the test pricks the patient's finger, puts a blood sample on a test strip, times the sample for one minute, washes the sample off the strip, places the strip in the meter and the blood glucose level is registered immediately on the dextrometer's digital display window. The total testing time is approximately four minutes.

"The dextrometer has been very beneficial for monitoring our hyperglycemic (high blood sugar) and

# lives with new blood sugar testing

hypoglycemic (low blood sugar) patients," said Zenner. "When ordered, we will test blood glucose levels about four times a day. Having the dextrometer at the bedside has been a definite plus."

"The greatest advantage," Zenner said, is that "we've been able to keep our patients' blood sugar at a more controllable level." She said that this is a very secure feeling for the diabetic patient.

Zenner indicated that there was some skepticism about the dextrometer at first, but that health care professionals are now realizing its potential.

"The dextrometer is a very valuable piece of equipment," said Fred Engman, M.D., Internist. "It is fairly new on the market, but the test results have been quite accurate."

Jerome Ballantine, M.D., Internist, said that a primary use of the dextrometer will be in the home.

"Diabetics will be able to conduct the blood glucose test at home," said Dr. Ballantine, "and with more accurate results."

Approximately 50 persons in the St.

Cloud area presently have dextrometers in their homes, Zenner said, and in the first six months of use at the Hospital, was ordered for 23 patients, or a total of 139 patient days.

The dextrometer has also been used for blood glucose screenings at the Hospital, and has been demonstrated

in the Hospital's diabetic classes.

"Diabetics will now be able to have better control of their lives," said Zenner, "because they will have their actual blood glucose levels within minutes. To a diabetic, that's really good news."



Patients learn how to determine their own glucose levels by following the dextrometer's procedure manual.



Glucose testing can be set up very simply at the patient's bedside.



Virgie Zenner, R.N., explains to a patient how the dextrometer operates.



## Chosen To Be Somebody

by Rev. Richard Tetzloff  
Protestant Chaplain

It's funny how some things from long ago still are as fresh as yesterday in your mind. I remember a poem from back in my high school years, though the author of it slips my mind.

I am nobody. Who are you?  
Are you a nobody too?  
Don't tell anyone. They might banish us.

I was thinking of this poem as I read the Epistle of Peter where he



says "But you are a chosen generation, a royal priesthood, a holy nation, a peculiar people; that you should show forth the praises of him who has called you out of darkness into his marvelous light." 1 Peter 2:9.

In spite of what God has said and done, how easy it is to become a nobody. It happens by what we feel about ourselves. It happens by what we do to ourselves. It even happens through what others may do or say to us. Maybe it's an irreverence for life which causes people to become nobodies. If so, behind that is the fact of sin which would alienate us from a living and righteous God who willed for us to have life and to have it more abundantly on His creation called Earth.

However, God has chosen us to be somebody not by what we are or by what we have done, but through what he did for us. In Christ He made us to be truly important—a somebody.

The purposes of being chosen to be somebody is in what Peter said, "to show forth the praises of him who has called you out of darkness into his marvelous light." God's people, as they wrestle with disease, as they celebrate health, as they struggle with difficulties, as they find joy in being, are truly somebody. Be that today, for yourself and for Him who lived and died and rose again for you.

## Lindquist earns top Junior Volunteer honors



Jeanette Lindquist

Jeanette Lindquist, Junior Volunteer, recently received the 1981 Rosalie Timmers Award, an honor given to Saint Cloud Hospital's outstanding Junior Volunteer of the year.

This award program, named after the founder of the Saint Cloud Hospital Junior Volunteer program, was established in 1979 and is designed to help Junior Volunteers develop a greater enthusiasm for learning, and recognize their responsibility, cheerfulness and willingness to cooperate with others. Award winners are selected by a panel of Hospital personnel, adult volunteers and Junior Volunteers.

Each year, six candidates are nominated for the award by Hospital personnel and other Junior Volunteers. These Spotlight Award winners are then eligible to receive the Rosalie Timmers Award. The other five 1981 candidates were: Lisa Doll, Les Engel, Kristy Imholte, Sue Pogatschnik and Todd Sigler.

Lindquist is a senior at Apollo High School, St. Cloud, and the daughter of Mr. and Mrs. Norman Lindquist, St. Cloud.

## Alcohol and Chemical Dependency Center

Serenity Prayer  
God, grant me the  
Serenity  
to accept the things  
I cannot change,  
Courage  
to change the things  
I can and  
Wisdom  
to know the difference.

10 Years of Service



# Chemical Dependency . . .

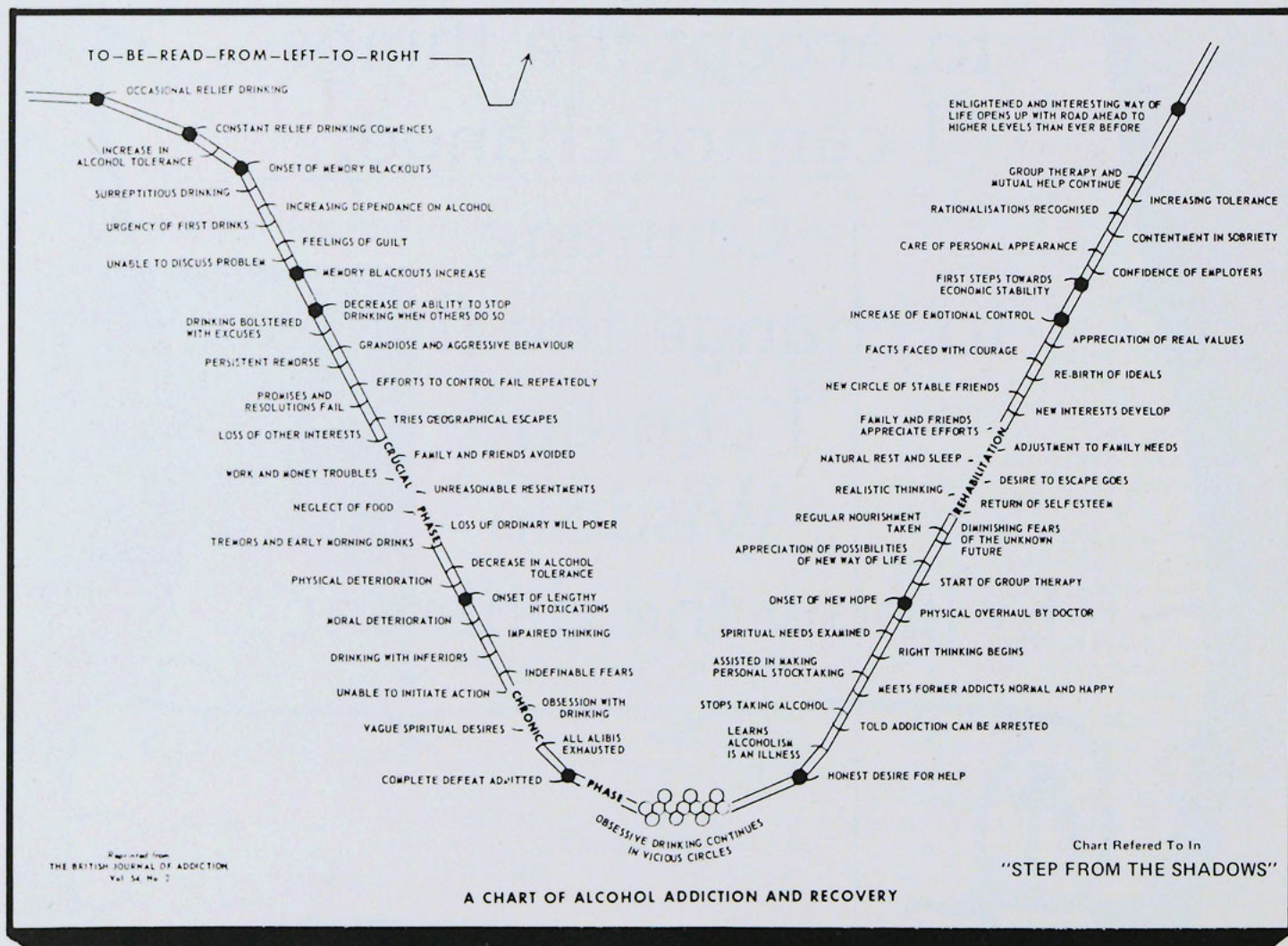
Chemical dependency is a serious illness that strikes not only the individual but family, friends and employers as well. It has become known as a "whole person illness" because it affects the emotional, mental, physical, spiritual and social aspects of an individual.

Chemical dependency refers to the uncontrolled usage of alcohol and other mood-altering drugs. Contrary to public opinion, says Jim Forsting,

Alcohol and Chemical Dependency Unit Program Director, chemically dependent persons are typically average, middle Americans. The Kemper Insurance Company defines the average alcoholic as a "person in his or her 30s, is married has two cars, two children, lives in the suburbs", and is not a "skid row" inhabitant, who actually represent less than three percent of all alcoholics.

Chemical dependency affects both males and females, and all age groups, personality types and people of all occupations.

Once chemically dependent, an individual usually finds that the use of chemicals leads to other problems with his or her marriage and family. Problems with the law, employment, personal health and community respect may also develop.



# the "whole person illness"

"The drug takes precedence over all other things in the person's life," said Forsting, "despite other problems that occur. A chemically dependent person becomes isolated emotionally from their family and friends, and they begin to experience some very intense feelings of fear, distrust, guilt and shame."

"There is a definite progression of chemical dependency," said Forsting. "The first step is the learning stage. The person learns that a drug can alter moods and that it loosens up inhibitions. They are usually using a drug experientially, but develop a very powerful love/trust relationship with the drug. They know they can predict the outcome of their feelings with the drug."

In the second stage, the person seeks a mood swing, and begins looking forward to the drug usage. The person begins making arrangements for drug usage, Forsting said.

The chemical dependent steps into harmful dependency in the third stage. They begin to experience harmful consequences of their usage, such as hangovers, blackouts, memory loss, emotional pain, embarrassment, shame, guilt or anger. They are still drinking to experience a "high" but are now rationalizing their usage, and it begins to affect more aspects of their life.

"At this point," Forsting said, "the chemically dependent person blames their usage on outside circumstances, and fails to realize his or her problem. They begin to experience feelings of hopelessness, because they may believe in one set of values, yet their behavior indicates otherwise. The person may begin to question his or her purpose in life."

The fourth stage, or terminal stage of chemical dependency, is an exaggeration of the third stage, and a definite downward progression of the illness. The person physically deteriorates, and may develop legal and family problems.

"The chemically dependent person loses their self-identity in the fourth stage," said Forsting, "and they may

**"We'd like to think that we put hope back in the picture for these people, and let them know that there is a road to recovery."**

wear a mask that says 'I'm OK,' but on the inside are very frustrated and lonely.

Once a person reaches this stage, he said, the family needs to confront the chemically dependent person in a non-judgemental, caring way, and give them the specifics about their illness.

"Chemically dependent persons need to get into a supportive environment for treatment," Forsting said, "which is really a discovery process for 'who I am'."

"We like to think that we put hope back in the picture for these people," he said, "and let them know that there is a road to recovery."

Saint Cloud Hospital's treatment program offers the unique concept of mixing adults and adolescents in the same program. Adolescents have their own treatment program, but share living, dining and some recreation and lectures with adults.

"We feel that this arrangement is very workable and effective," said Forsting. "It is much like their lives at home, and they learn to relate and improve communication with persons of all ages."

The program focuses on educating the individuals about chemicals, helping the chemically dependent person to become aware of themselves, encouraging family involvement, discussing future planning and providing relaxation training.

Forsting indicated that Alcoholics Anonymous and Alateen are support groups that play an important role in the recovery process and are another part of the "whole person approach."

"We don't say we're curing chemically dependent persons but rather offering them self-discovery in a wholistic fashion," Forsting said. "We're teaching them the tools for recovery. After that it's up to the individual."

Not all individuals who go through treatment are successful, but those who are recovering usually do not revert to using mood-altering chemicals at all.

"Most chemically dependent persons say, 'who'd want to take those risks again,'" Forsting said.



## Outpatient Program

Seeing the need to provide a program that allows chemically dependent individuals to remain in their own environment during treatment prompted Saint Cloud Hospital to add another facet to its successful inpatient treatment program. Two and one half years ago, the Hospital's Alcohol and Chemical Dependency Center expanded its offerings to include an outpatient treatment program.

"This program is designed for people in the earlier stages of chemical dependency," said Forsting, "and for those that have good support systems within their families, friends and work environments."

"Outpatient treatment sessions are conducted in the evenings to accommodate as many people as possible.

"The evening programming allows patients to maintain employment, and meet family obligations and other responsibilities," Forsting said.

The program utilizes group therapy in a variety of ways. Outpatient counselors conduct patient group sessions, concerned persons groups, patient and concerned persons group and family group. One-to-one counseling is also available for patients and concerned persons. Every patient is required to have a concerned person who plays an important role in the support system and recovery process.

"Because we look at chemical dependency as a family illness," Forsting said, "we also encourage family participation in the group session."

In addition, family members are also scheduled to attend a Family Treatment Day, designed to provide education and support and to help determine to what extent the families have been affected by the illness.

In the group sessions, counselors, family members, patients and concerned persons discuss chemical dependency and how it affects the individual and others involved.

"Patients really get in touch with their feelings," said Bev Davis, A & C Counselor. "There is a lot of discussion, and people learn to confront each other. They get the opportunity to discover themselves, and get reacquainted with spouses and family members."

Most patients are seen in outpatient treatment for five to six weeks, and then continue with Alcoholics Anonymous and Alanon. Some receive referrals to outside agencies for additional counseling.

"The program is so exciting," said Davis. "The patients and others involved look forward to coming to the group sessions, and I don't ever get tired of listening to their discussions. It's just great to see people change their lives during the course of the program. It's like seeing miracles."

Forsting agreed.

"If one person's life has been saved by our program it's worth all of the effort," he said. "Families get back together and people discover themselves. How can you even measure that?"

## Aftercare Program

In order to assist inpatients in making the transition from chemical dependency treatment to support groups in the community, an Aftercare program is offered at Saint Cloud Hospital. The 16-week program has been in existence since the Alcohol and Chemical Dependency program began in 1971, but according to John Meers, Aftercare Coordinator, has changed significantly since its conception.

"When patients were discharged from treatment, a counselor would make home visits to talk with them" said Meers. "As the numbers grew, it wasn't possible to maintain contact with everyone on a personal basis, so weekly group meetings were organized. Originally there was only one group, but the program grew to where there were about 80 persons attending weekly."

In a response to the rapid growth, Meers was hired as Aftercare Coordinator in September 1980.

"I saw the need for structure in the program, with a heavy emphasis on AA/Alanon and Alateen," said Meers. "In fact, belonging to a support group is a prerequisite for participation in the Aftercare program. I believe that AA should be the primary source for recovery, and aftercare the bridge between the chemically dependent person and the support group."

The program now serves approximately 120-140 persons and has added another person to the Aftercare staff.

"Along with the staff there are about 25 volunteer facilitators who help with the group sessions," said Meers.

The Monday evening meetings consist of group sessions and guest lectures that cover topics ranging from denial and value systems to the 12 Steps of AA. In group sessions, persons are able to share some of their experiences, strengths and hopes and also learn to identify their problems. Concerned persons and significant others are encouraged to attend the sessions along with the chemically dependent persons.

"We focus on the individual's needs after primary care," said Meers. "We provide them the means to grow in their specific areas and emphasize keeping their life in balance and sorting out their priorities."

Attendance at all sessions is mandatory, said Meers, and their acceptance of this policy demonstrates the individual's willingness to make changes.

"Just as in all of the chemical dependency programs, each person needs to be responsible for their individual recovery program," said Meers, "and be willing to pay the price. We don't have all the answers for anybody," he added. "Each individual has the answers within themselves. We provide the guidance needed to help them discover those answers."

# Clowning around . . .

Shy smiles, big grins and laughter were seen and heard September 14 on Saint Cloud Hospital's Pediatrics Unit. The reason? The children on the unit were treated to an unexpected visit by a group of clowns who stopped in for an hour of fun and entertainment.

The clowns are members of the newly organized Telephone Pioneers Clown Club, which is part of the St. Cloud Chapter of Telephone Pioneers a community service organization of the Bell System and Western Electric.

Judy Eiffert, organizer of the Clown Club, said that the group began preparing costumes in June and first performed in July of this year.

"We started performing for parades," said Eiffert, "but our goal is to share some happiness with people in hospitals and nursing homes. We would like to visit young children, senior citizens and the handicapped."

The clowns have had a modest beginning, making their own costumes and seeking advice from other clowns.

"The feelings we experience as clowns are hard to explain," said Eiffert. It's heartwarming to see people

smile at us, and to see the look in their eyes," she said. "Clowning has enriched our lives and made us more understanding of people. I think it has been equally rewarding for us as it has been for the people we entertain."

Eiffert related an incident where a mother brought her young child over to have her picture taken with a clown. Several weeks later, she encountered the mother at another festival, and the mother had the picture in her wallet with other treasured family pictures.

"That really made us feel good."

The club currently has nine members, but Eiffert anticipates that once established, the numbers will increase.

"It is our hope that we can begin entertaining people on a regular basis," she said. "We're encouraged by the response we've had so far, and look forward to bringing a little joy and happiness into people's lives. From a clown's eyes, it's like entertaining children of all ages."





# Pauline Page:

Pauline Page, Saint Cloud Hospital's Employment Director, has been described as a professional, responsible, hardworking individual.

As a member of this community for the past 15 years, Page's involvement in a host of civic organizations has warranted the respect of her peers and made her a valuable and highly-sought community servant.

Originally from Missouri, Page moved to Minnesota in 1966 with her husband, Rod, an auditor for Western Insurance Company. At that time, Page took the opportunity to pursue her education. She graduated summa cum laude from St. Cloud State University in 1969 with a Bachelor of Arts degree in Sociology and Psychology. She continued her schooling, and two years later received her Master of Science degree in Psychology and Counseling.

Already recognized for her talents, Page was sought by Saint Cloud Hospital and hired to her

present position. As Employment Director, Page manages the Employment Department and is responsible for recruitment, interviewing and staffing. She works with the development of personnel policies and procedures, provides policy interpretation and counseling, and acts as the Equal Employment advisor for the Hospital. Page also participates in new manager orientation and hospital inservices, and is a frequent guest lecturer at local schools and universities.

"Pauline is the kind of department head that takes responsibility," said her immediate supervisor, Sam Wenstrom, Assistant Administrator for Personnel and Public Relations Services. "She has a terrific rapport with her employees and the public, a trait that is extremely important in her position. The Employment Department is often a person's first or only contact with the Hospital, and the attitudes reflected there leave a definite impression.

"In my opinion, she personifies



the ideal employee. She is intelligent, honest and hardworking --just an outstanding person," Wenstrom said.

Page has chaired the Hospital's United Way campaign and serves on the Hospital's Personnel Policy Committee.

Her volunteer commitments are both civic and church oriented. She has been an active member of the St. Cloud Area Personnel Association (SCAPA) since 1974, an organization dedicated to providing education and growth for personnel practitioners. She has served on numerous committees within SCAPA and this past year helped develop an internship program for the organization.

She is currently president of the St. Cloud Area United Way's Board of Directors, and has served generously on committees since 1975. Beginning on the Board of Directors, she worked with the Personnel Committee, the Executive Committee, and has served as a campaign division chairperson. She has also been secretary and vice president of the Board.

"Pauline is dedicated to the spirit and intent of volunteerism," said Ken Gallant, St. Cloud Area United Way Director. "We greatly appreciate the personal commitment and strong leadership qualities exemplified in her outstanding service in the community through the United Way. Extra-mile service as a volunteer is not uncommon with Pauline."

## Employment Director heads United Way Board, dedicated to civic involvement

I like the United Way's structure for volunteer giving," said Page, "and the way the organization also allows community people to make the decision where to spend the dollars. The United Way represents a broad section of people and community leaders."

Page has also served on the Advisory Boards of the Cooperative Education Program at Apollo High School and the St. John's on the Mall Life-Long Learning Center. She recently served on the Personnel Task Force for the St. Cloud Area Girl Scouts and is a charter member of the Health Care Personnel Association of Minnesota.

At the Alliance Church, Sauk Rapids, she has been both chapter and district president of the women's association, and has worked closely with the Sunday School and youth programs.

"I enjoy the fact that we have a small, close-knit congregation," said Page. "We are like one big, happy family. Yet, our small size demands that we get involved in church activities."

"Pauline has been very sharing with her hospitality," said Reverend Robert Morton, pastor at Alliance Church. "She has opened her home to our parishioners, and has taken the responsibility for organizing wedding receptions and large social gatherings. We look upon her as a very faithful and generous member of our church."

"Even though I am involved in many organizations, I still try to limit myself," said Page. "I don't want to spread myself too thin."

Her accomplishments and activities indicate that she is a responsible, strong-willed, dedicated individual. Yet she describes herself as a perfectionist who is often impatient, and an outgoing person who is often scared.

"Being a perfectionist is difficult," said Page. "I'm often impatient when things don't materialize quickly, and being very busy, I'm sometimes hard to get along with

when I'm tired. But my husband, Rod, has been very understanding and supportive of my activities. He is a very special, sensitive and caring person."

Page also feels that she is an insightful person, and a person with a genuine interest in other people.

In her (spare) time, Page relaxes to a good book and classical music. She and Rod have travelled extensively throughout the United States and Canada, and have vacationed in the Caribbean, Hawaii, Mexico and several South American countries.

Page's United Way responsibilities will conclude after this year, and at this point she is uncertain about future civic activities.

"I have considered other organizations and received advice from Sam Wenstrom," said Page.

"Saint Cloud Hospital is very supportive of community involvement, but I have not decided in what direction I will go yet."

"Personally, I would like to obtain degrees or additional education in the areas of labor law and theology, but I have not taken any steps to do so."

"Pauline Page is the type of person who is prepared for any assignment," said Wenstrom. "I would like to see Pauline expand her circle of relationships in the community, and I know she can handle the responsibility. She is an outstanding representative for Saint Cloud Hospital."

Whatever civic path she chooses, Page is certain to be a hardworking, outstanding contributor, and a valuable asset to this community.



Pauline Page



## SCH joins area agencies in Health Festival



Saint Cloud Hospital recently participated in the second annual St. Cloud Area Health Festival, October 2-3 at the Crossroads Shopping Center, St. Cloud. The festival was designed to promote health and the prevention of disease through information and screening, according to Dianne Tuff, Community Health Education Coordinator.

"We conducted over 800 blood pressure screenings," said Tuff, "more than double the amount done in the past. We also did more than 335 diabetes screenings and 116 lung capacity tests. We were really successful."

The festival also included mini-lectures and demonstrations along with health displays and information. A new addition to the festival was Kid's Corner with special health activities for children.

Tuff was heavily involved in planning and promoting the event that brought together health care providers and agencies, as well as governmental units and area service clubs.

"A good variety of agencies participated, and representatives were available to answer questions," said Tuff. "It was really a cooperative effort, bringing into focus the responsibilities and opportunities for each of us to make the most of our health. This year there was much more emphasis on wellness, both for adults and children, and I think it worked well."



## New Cardiopulmonary equipment supplements emergency services

A basic life support device that will improve the long-term survival of cardiac arrest patients was demonstrated at Saint Cloud Hospital September 18.

Both Saint Cloud Hospital and Murphy-Granite City Ambulance Service are purchasing a "Thumper" Cardiopulmonary Resuscitator System that will provide supplemental cardiac support for cardiac arrests.

"Thumper is a highly portable, oxygen-powered system designed to supplement resuscitation techniques," said Gene Scarberry, distributor representative who presented the Thumper to the Hospital staff, ambulance personnel and St. Cloud Area Vocational Technical Institute employees. "Rescue and emergency personnel will be able to improve the level of care they provide and will be able to show significant improvement in a cardiac arrest patient's long-term

survival rate."

Comparisons have shown the Thumper to provide a higher level of cardiac support and full-volume ventilation than manual cardiopulmonary resuscitation. The Thumper can be carried by one person, and can be used for patients of all sizes and age groups.

The Thumper conforms with American Heart Association National Research Council standards and has been used in hospitals, ambulances, industries and first aid stations for some time.

"We are very excited about using the new cardiopulmonary equipment," said Betty Turck, Saint Cloud Hospital Emergency-Outpatient Director. "We will be able to improve care to our patients and eliminate fatigue, pressure and tension during care delivery."



## First Aid

## Restaurant personnel participate in Heimlich seminar



Dianne Tuff, Community Health Education Coordinator, shows Dean Froemming, Persian Club, and Sally Berlin, Blue Oak Supper Club, the proper hand position for performing the Heimlich maneuver.

Area restaurant representatives participated in two job-related first aid seminars September 16-17 at Saint Cloud Hospital. Sixteen local restaurant employees were trained to administer and teach the Heimlich maneuver, a first aid measure designed to help a choking victim. The procedure was developed by Henry Heimlich, M.D., a Cincinnati surgeon.

"We have offered training to restaurant personnel for some time," said Dianne Tuff, Community Health Education Coordinator, "but there are so many restaurant employees in the area. We didn't feel that we could train them all, so we suggested training representatives from businesses who could serve as facilitators for their staff."

In the past two years, Saint Cloud Hospital has conducted over 60 Heimlich maneuver training sessions and trained over 2,000 persons in the community.

"The Heimlich maneuver is an easy procedure to teach and learn," said Tuff, "and it is a very valuable technique to know in case of a choking emergency."

There are several signs to look for if you suspect someone is choking. First, the choking victim will not be able to speak or breathe. If the person can talk, the airway is not blocked, and the Heimlich maneuver should not be used. Second, the person's face may turn blue and they will soon collapse from lack of air. The victim may also grab their throat which is the universal sign for choking.

A person is choking when food or a solid object becomes lodged in a person's throat and totally blocks the airway. Death can result after four minutes due to lack of oxygen. More than 4,000 persons in the United States die each year from choking on food.

There are several points to remember when performing the Heimlich maneuver:

- Stand behind the victim and wrap your arms around their waist. (If the victim is sitting, you should kneel behind the chair.) Grasp your fist with your other hand and place the fist against the victim's abdomen, slightly above the navel and below the rib cage.

- Use a quick, upward, inward thrust, not a punch. Your hands should be positioned against the abdomen.
- Use the right amount of pressure, being gentle on smaller people.
- Use your hands, not your arms. Do not squeeze the victim.
- Repeat the procedure several times if necessary.

Tuff indicated that this procedure may be used if the victim is standing, sitting or lying down. Persons may also perform the technique on themselves, if no one is available to help.

"It is important that victims lie down if they are larger than the person performing the procedure, or if the victim is close to collapsing," said Tuff.

She also stated that victims should see a physician immediately after the rescue to be certain they are out of danger.

Persons learning the Heimlich maneuver should practice the technique carefully until they feel comfortable using it in an emergency situation.

"Knowing this procedure, lately called the five-second life saver, could help save someone's life," said Tuff.



by Dianne Tuff, R.N.  
Community Health Education Coordinator

# "Wellness:

"Wellness" is fast becoming a familiar word. More and more wellness festivals and wellness programs are springing up across the nation. Government is getting involved (Governor Al Quie established a Council on Health Promotion and Wellness on July 8. Minnesota is only the second state to do so). Businesses are offering wellness benefits to their employees. People are becoming aware of the importance of taking good care of themselves. Some people feel the wellness concept is a fad, but health care professionals believe it is growing in importance.

Many changes have influenced this renewed interest in wellness. Medicine has made gigantic strides in the fight against diseases that caused most illness and death not so long ago, such as smallpox, cholera, typhoid and tuberculosis. As our society has developed, new dangers to our health have evolved. Technological advancements have minimized physical labor, but our nutritional habits have not changed to accommodate this decrease in energy expenditure. Pollution has become a growing concern in our nation. As the pace of life continues to increase, additional stresses affect our lives.

As a result of these changes in lifestyle and medical care, the leading causes of death today are those health problems that we could avoid or at least delay. In Central Minnesota, the leading cause of death is heart disease, followed by cancer, stroke, accidents and cirrhosis. Studies have shown that people can control these diseases if they choose to do so. According to the Center for Disease Control in Atlanta, Georgia, over 52 percent of all illnesses in the United States are lifestyle related; a direct result of how we as individuals take care of ourselves. Another 21 percent of illnesses are influenced societally, by how we care for the environment and those we share it with.

So how does wellness fit into this picture? The word itself can cause confusion. Many think of wellness as the absence of physical illness. Others expand the definition to include health of mind, body and spirit. But the definition is even broader than that.

The Wellness Wheel is an old idea that portrays a more complete picture of the whole-person approach to a person's health. The Wheel has six sections, each representing an important part of an individual's well-being: physical, mental, emotional, spiritual, environmental and self-will. The balance of these parts is important to a person's total well-being.

For example, one might be aware of physical needs for exercise and good nutrition and use will-power to fulfill those needs; at the same time feel less in touch with spiritual needs and less sure of values and of the meaning and purpose in life. This would put total well-being in an imbalance. As Donald Ardell says in his book *High Level Wellness*, "You can quit smoking and jog yourself to death and still not be well." A balance between the six elements in your lifestyle is important.

One of the elements - self responsibility, is the cornerstone of wellness. There are many alternatives to choose from in life, even on a day-to-day basis. Health is affected by many of those choices, when considering wellness as including all of the wheel's components. We can choose to make responsible, well-informed decisions that will give us more control of our health. The acceptance of self-responsibility for well-being is the first vital step toward wellness.

**What is a healthy lifestyle?** (lifestyle meaning behaviors, habits and values that comprise daily living).

Once you have accepted the responsibility for taking care of your health, you need to be aware of habits that might warrant lifestyle changes. Here are the wellness basics:



Dianne Tuff, R.N.

- Eat a well-balanced diet, no less than three meals a day, paying attention to special nutritional needs that a health professional recommends

- Attain and maintain a moderate weight level; and

- Engage in physical exercise that gives the heart and lungs a workout at least three times a week for 20-30 minutes.

All lifestyle habits are linked because they fit into more than one dimension of the Wellness Wheel. These three - weight, diet and exercise have a special bond. For most people, they affect at least four components of the Wheel: self-will, physical, mental and emotional well-being.

A balanced diet means eating a variety of foods. People tend to eat too many high-fat foods and carbohydrates, so cutting these down is a simple start to losing extra pounds if needed. Ideal weight is an ambiguous term - a more recent method is to take a critical look in the mirror. Maybe it's time for a change. But how?

# "It's up to you!"

If dieting doesn't sound exciting, exercise is an excellent alternative. Think through the choices; physical fitness requires a half an hour of time every other day and can be fun. "Dieting" is a 24-hour a day, seven-day a week proposition, and often a losing one. Exercise plus a safe reduction diet is a winning combination.

- If you smoke, quit. Studies show that smoking five cigarettes a day or less does not adversely affect health, but it has also been shown that if a person presently smokes more than that, the chances of cutting back and keeping cigarette usage are very slim.

If a person intends to quit smoking, a well-designed program of action includes setting a date for quitting and sticking with it. Gather ammunition for those first tough days (whether it be a substitute or moral support) for they are the hardest. Don't be embarrassed to ask for help. Often quitting with a group of smokers will give the strength and support needed.

- Learn how to handle stress. Stress is not all bad. Without it life might be pretty humdrum. Events are often perceived as stressful to one person while another feels no stress. It is important to recognize which events are individual stressors. Pinpointing the body signals is a start. Neck tension, a turning stomach or clenched hands are a few common signals. Individuals need to clue into their own stress. Stress can be handled in a variety of ways. Some stressful events can be eliminated or avoided, while others need to be accepted because they are unchangeable.

Channeling stress through constructive outlets is one method of dealing with it. Meditation or prayer, relaxation techniques, confiding in a friend or counselor, and physical activity or recreation are all ways to renew energy levels and decrease tension.

- Build healthy relationships. People need people. The support of others can mean the difference between sickness and health. Open, honest communication is the key to meaningful relationships at home, at work and in social groups.

- If you drink alcohol, do so in moderation. The risks of excessive alcohol consumption, both im-

mediate and long-term, are too great to ignore. Maintain limits, never drive after drinking, and keep in mind the strong influence adults have on young people.

- Get adequate sleep. Be aware of individual sleep needs, which may be different from other's.

- Wear a seat belt. Accidents rank fourth of the leading causes of death in Minnesota, and the vast majority are traffic fatalities.

- Care about the environment. All that can be done in the present to preserve clean, pleasant surroundings for everyone will assure that the future will be easier to live in.

**Why should I change my lifestyle?**

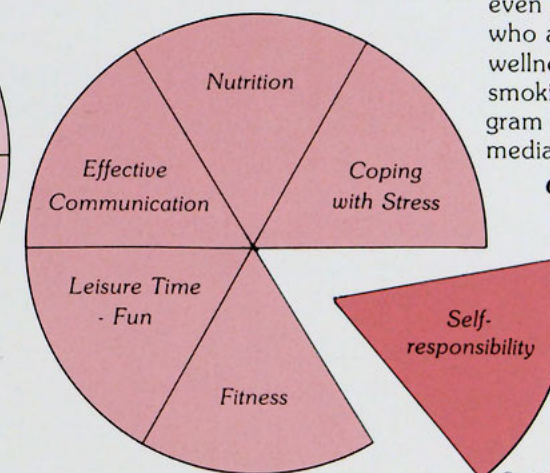
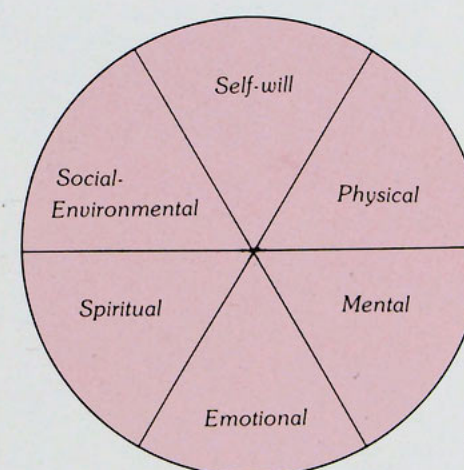
Many studies have been done on the long-term benefits of health lifestyles. The conclusions suggest that the efforts of establishing and maintaining a healthy lifestyle are well worthwhile. We can directly affect the likelihood of illness and death by adapting healthy lifestyles.

That's great, but it is sometimes hard to get excited about benefits that seem so distant. What immediate benefits can be expected after making lifestyle changes?

Studies have substantiated claims that people who work at being well are more productive, use less sick leave, have fewer accidents and even live longer. But those people who are trying to improve their wellness levels through quitting smoking or starting an exercise program know that the greatest immediate benefit is feeling good.

*Continued on last page.*

Wellness Wheel:  
A look at whole-person health



**Editor's note:** This is the first in a series of stories on wellness. Future stories will examine each of the elements in the "Wellness Wheel, which are also presented in the Hospital's wellness series, "Well - Am I?" For more information about this program, please call Saint Cloud Hospital, 255-5644.

Saint Cloud Hospital's Wellness Wheel: The acceptance of self-responsibility for well-being is the first vital step towards wellness.



# GIFTS & MEMORIALS

Throughout the year Saint Cloud Hospital receives financial support from many people and organizations. We are grateful for your continued confidence and support of Saint Cloud Hospital as expressed by your generous contributions.

The Saint Cloud Hospital Development Council gratefully acknowledges contributions to the Development Fund from the following individuals, families, and businesses, received between May 1, 1981 and July 31, 1981

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by Glenn & Mary Litul



Saint Cloud Hospital's Auxiliary recently donated \$3,500 to the Hospital's OB-GYN Unit for the purchase of a mobile video unit. The unit will be used to provide educational video tape demonstrations to new mothers. The money was raised from the proceeds of the Auxiliary's Baby Photo Service project. Pictured from left are: Colleen Burgone, R.N., Assistant Head Nurse in Nursery and Delivery; Mrs. Virginia McCall, Volunteer, and Gen Bastien, Auxiliary President.

## Hospital completes successful United Way campaign

Designated a pacesetter in the community again this year, Saint Cloud Hospital completed a successful 1981 United Way campaign by surpassing its goal by 122 percent. Hospital personnel contributed \$36,169.94 to the United Way campaign, after setting a goal of \$29,600.

The Hospital has consistently reached or surpassed its United

Way goals. In 1980, the Hospital raised 119 percent of its goal, or 132,209; in 1979, went eight percent over goal, and in 1978, six percent over goal.

"I am very proud of the successful campaign," said Wayne Lauermann, Business Office Director and the Hospital's Blue Ribbon Committee Chairman. "Our

Blue Ribbon committee members always do a fine job and I'm extremely pleased with their efforts. We again have set a good example in the community as a United Way pacesetter."

One of the St. Cloud Area United Way's 30 member agencies is the Saint Cloud Hospital Home Delivered Meals program.



Thanks to you, it works  
for all of us.

United Way  
of St. Cloud Area



# Med tech and x-ray students graduate

Saint Cloud Hospital's School of Medical Technology graduated five students from its program August 12, which consists of 48 weeks of clinical internship in the Hospital's Laboratory during the past two years.

These students also graduated from St. Cloud State University with Bachelor's degrees in Medical Technology.

Ten students from Saint Cloud Hospital's School of Radiologic Technology graduated August 27 at a ceremony in the Hospital Chapel. The graduates were conferred pins and diplomas, signifying completion of 24 months of Radiologic Technology training.

Graduates from the School of Radiologic Technology are now eligible to take the National Medical Radiographers Registry Examination in October. Upon successful completion of this examination, they will become Certified Medical Radiographers R.T. - R(A.A.R.T.).



Medical Technology graduates are pictured from left: Mary Alendahl, Renae Zachman, Tom Dooley, Lynette Menke and Lori Reinke.



X-Ray Technology graduates top row from left: Marilyn Popp, Kathy Steitz, Doris Solarz, Diana Hannon and Michael Seaburg. Bottom row from left: Grace Stang, Mary Gerads, Kelly DeWenter, Judy Bialka and Kathy Huls.

## (Wellness from page 21)

They are happier, more energetic, more alert - and even look healthier! These benefits can be the motivational force needed to maintain new habits and to be enthusiastic about additional lifestyle changes.

### **The steps to Wellness**

The steps toward a healthier lifestyle begin with an awareness of lifestyle choices and their influence on health, and accepting the individual responsibility for improving and maintaining health. Second, take an honest look at present health habits to discover areas that need improvement. It is up to the individual to decide to change. Then, select a lifestyle change that is realistic and worthwhile.

Anyone can get on the road to wellness. Keeping motivated to maintain a positive lifestyle change is the hardest part. Seek out support from someone else who believes in the wellness concept. Working with others is more fun.

Wellness doesn't happen overnight, and seldom is easy. But it can be a fun endeavor, and the rewards are worth the struggle. Remember: it's up to you!

## **BEACON LIGHT**

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